

#STREET-FOOD

Food @ India's Railway Stations

Some of the best Indian foods that railway stations across the country have to offer!



Train journeys have long been intimately connected with food, taking us through India's diverse cultures and cuisines even as we head towards our destination. If you've stocked up on theplas packed in foil, and are planning to make do with the samosas and little cups of tomato soup sold on-board, allow us to take you on a gastronomic journey. Here are some of the best Indian foods that railway stations across the country have to offer.

Fair warning: reading this article will make you feel very hungry, maybe just enough to go ahead and book tickets for your next train journey?

Lal Chah
@Guwahati Railway Station, Assam

What's a trip to Assam without sampling the state's finest tea? Lal Chah gets its name because of its typical reddish-brown hue. It is a simple Assam black tea, brewed with no milk, and flavoured with liberal helpings of sugar, spices and lemon juice. Lal Chah is easily available at local tea shops at and near Guwahati Railway Station, a must-try beverage for weary passengers.

Aloo Chaat
@New Delhi Railway Station

Indian street food is synonymous with all manner of chaat. And you don't even have to step out of the railway station for a taste of authentic, Dilli-style chaat. Crispy-fried potatoes mixed in with spices, sweet and sour chutneys, lemon juice, topped with sev and coriander - this is the complete flavour package that will make your journey all the more enjoyable.

Chole Bhature
@Jalandhar City Junction, Punjab

Deep-fried puris and a spicy chole, what's not to love about cholebhature? While this classic North Indian dish is a go-to breakfast option for many, it

Litti-Chokha
@Patna Junction, Bihar

This Bihari classic comprises ghee-soaked wheat flour balls stuffed with roasted gram and a variety of spices, accompanied by a preparation of tomatoes and brinjals. Littis are typically baked in a tandoor, giving them a deliciously smoky flavour. The dish is a well-balanced, filling meal that can be enjoyed at any time of the day. Despite its rather involved preparation process, litti-chokha is a popular street food, and where better to try it than in the capital city?



That was the other side of the Phalke award winner who was also decorated as Padma Vibhushan: even at his idealistic best he seldom moved away from reality. That is why he could fashion a lasting tale like Abhimaan/1973. It probably came out of the divergence of the classical life of Ravi Shankar and Annapurna Devi. Some have traced the roots of this musical to the clash of egos between singer-actors Kishore Kumar and his first wife, Ruma Guha Thakurata. But remember, Hrishida had seen the sitarist and his first wife - daughter of his guru, Baba Alauddin Khan of Maihar - at close quarters, especially when the raga maestro composed for his musical Anuradha (1960). That film which featured the beauty queen Leela Desai as a vocalist (which she actually was) not only bagged the National Award for the Best Film, it was also nominated for the Golden Bear at the Berlin Film Festival of 1961.

Master of the Middle Path (...2)



#HRSHIKESH MUKHERJEE

Hrishida's homage to his roots in Bengali cinema expressed itself most notably by way of remakes. His Bawarchi retold the story of Galpo Holo Sattiy (1966) directed by his NT colleague Tapan Sinha. Biwi Aur Makan (1966) recounted the outrageously funny tales of the inmates of Joy Maa Kali Boarding (1955). The ribtickling Chhadmabeshi (1971) became Chupke Chupke (1975), one of the unbeatable bests of comedy on Indian screen.

Hrishida's kinship-friendship-relationship oriented, progressive value based social narratives also stem from his attachment to literature. This accounted for his long-term bonding with literary figures like Nabendu Ghosh, Rajinder Singh Bedi, Gulzar. Further, although he came from the Science stream he, much like his mentor Bimal Roy, sourced his storylines directly from, or derived them from literary works including poems.

Witness Majhi Didi/ 1967: Sarat Chandra Chattopadhyay's immortal tale of a mother's protective love for an orphaned child, while Ashirwad wherein a zamindar strikes a friendship with an underdog and

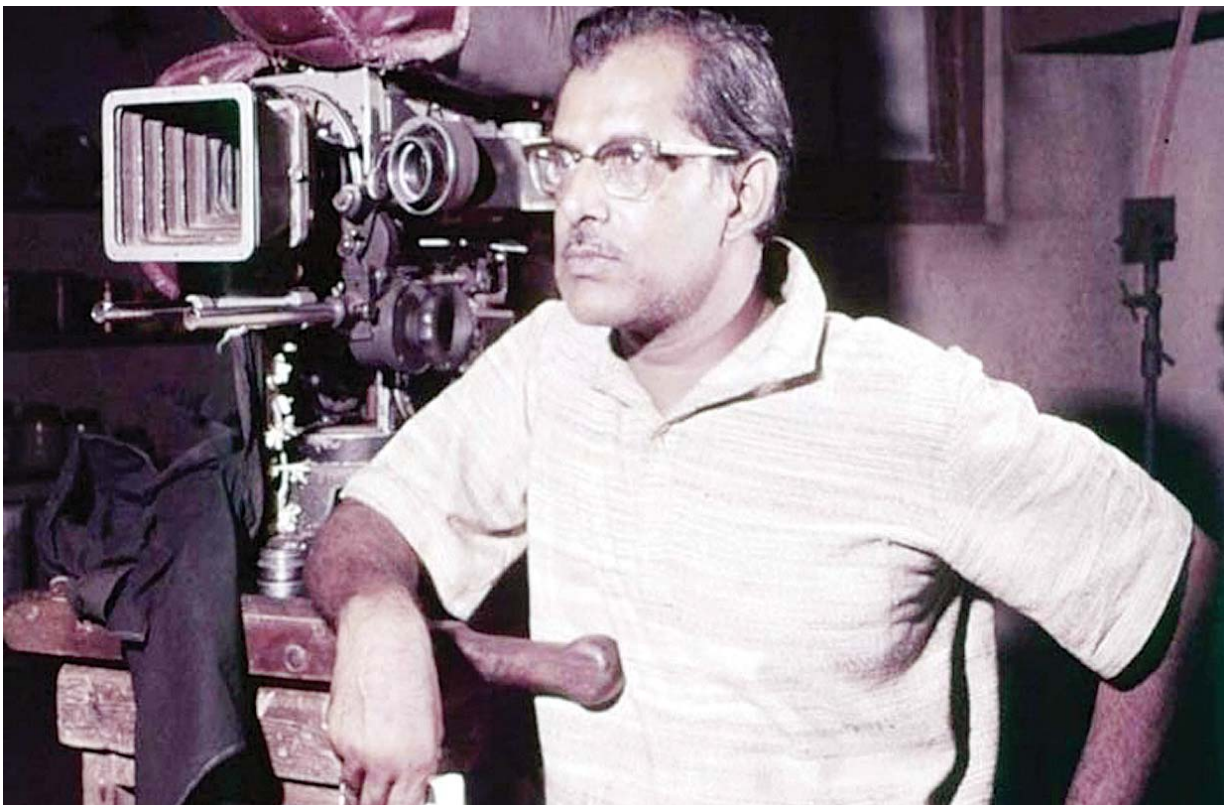
takes up cudgels for him against his own wife. Gaban/ 1966 followed Munshi Premchand's novel about the falling moral values in the middle class that sought to maintain false image in colonial period. Satyakam, as mentioned before, came from Narayan Sanyal's writing. Arjun Pandit/1976 got Bonophul the year's Filmfare award for Best Story. Bemisal/ 1982 recast Ashutosh Mukherjee's Aami Se O Sakha/ 1975 about friendship, love and loyalty. Chaitali / 1975, once again the story of an idealist professor who supports a thief to protect her from becoming a prostitute, was written by Samareesh Bose.

A Lasting Tale
Pyar Ka Sapna/ 1968, as I have mentioned, has its antecedents in Tagore's Sadharan Meye while Gol Maal/ 1979 germinated from the clinching lines of Sukumar Ray's Gof Churi which reads: Gofor aami, gofor tumi, Gof diye jay chasa... Men are identified by the whiskers they keep. The seeds of Namak Haram/1973 lay in the Hollywood production, Becket/1964, based on a Jean Anouilh play - but who would have imagined that the dilemma of a pretender to the robes of a Catholic Archbishop in England of Henry II could be reimaged to trace the rise of trade unionism in Mumbai's then-flourishing textile mills?

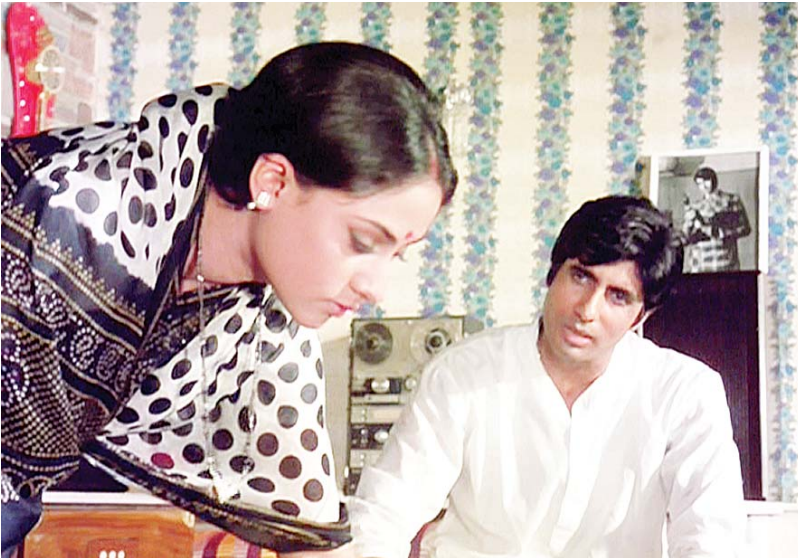
Zindagi kaisi hai paheli (Anand, 1971) Salil Chowdhury / Yogesh /

Manna Dey. That was the other side of the Phalke award winner who was also decorated as Padma Vibhushan: even at his idealistic best he seldom moved away from reality. That is why he could fashion a lasting tale like Abhimaan/1973. It probably came out of the divergence of the classical life of Ravi Shankar and Annapurna Devi. Some have traced the roots of this musical to the clash of egos between singer-actors Kishore Kumar and his first wife, Ruma Guha Thakurata. But remember, Hrishida had seen the sitarist and his first wife - daughter of his guru, Baba Alauddin Khan of Maihar - at close quarters, especially when the raga maestro composed for his musical Anuradha (1960). That film which featured the beauty queen Leela Desai as a vocalist (which she actually was) not only bagged the National Award for the Best Film, it was also nominated for the Golden Bear at the Berlin Film Festival of 1961.

Music has remained a stellar feature of Hrishikesh Mukherjee films, leading him to come up with films like Abhimaan, Anuradha and Alaap (1977) which he even produced. But even when the production was not a 'musical' films like Anand, Chupke Chupke, Chhaya, Asli Naqli, Anari, Bawarchi, Golmaal or Guddi, his films always embedded nuggets like Zindagi kaisi hai paheli haay, Itna mujhse tu pyar badha, Bhor aayi



Hrshikesh Mukherjee is a Dadasaheb Phalke laureate and Padma Vibhushan winner.



Jaya Bhaduri and Amitabh Bachchan in Abhimaan.



Lily Chakraborty, Jaya, Asrani and Hrshikesh at the shooting of Chupke Chupke.

gaya andhiyaara, Golmaal hai bhai sab golmaal hai, and Bol re papihara. As for Ashirwad, it came up with what might be the first rap in Hindi, be it the immortal Rail gaadi chhuk chhuk chhuk or the unique Nao chali Nani ki nao chali! Rail gaadi chhuk chhuk chhuk (Ashirwad, 1968) Vasant Desai / Harindranath Chattopadhyay / Ashok Kumar. The secret lies as much in his

own ear for music as in his selection of the composer and the song writer most suitable for the theme. The classical Anuradha - I repeat - saw Pandit Ravi Shankar create deathless numbers like Kaisa din bitey piya jaane na; while the other musical drama, Alaap revolved around a young man's clash with his father when he chooses music over the family's legal profession. For this production he chose Jaidev

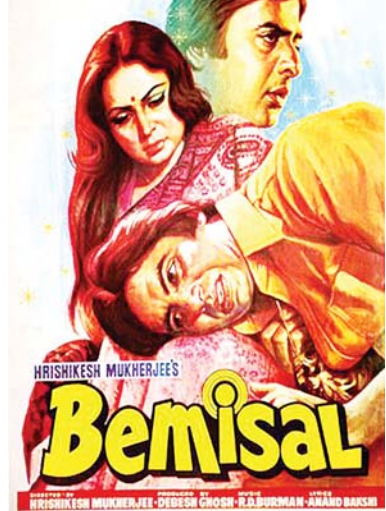


Dry January

Alcohol use has been part of different cultures and societies for thousands of years. While many people think that alcohol is an enjoyable part of their lives, it can have a tendency to create some difficulties and even throw their health out of balance. Some of the things people want to avoid may include the calories from alcohol that can create weight gain, as well as the cost involved with drinking alcohol. Taking the month of January to reset and rebuild new, healthy habits is what Dry January is all about.

who is best remembered for his delightful good cheer. But Ashirwad, which was adjudged the Best Film at the National Awards and also crowned Ashok Kumar the Best Actor of the year, was such a tear jerker that the thespian's daughter confessed to me she couldn't ever sit through a second viewing of the father-daughter story. Just as was the case with Milii. Satyakam. Alaap. Or Majhi Didi. But 'Intense' is perhaps a better way to categorise his movies. For, even when they were serious unravelling of relationships including between a husband and his wife - as were Saanjh Aur Savera, Pyar Ka Sapna, Anuradha, Abhimaan, Namak Haram - Hrishida used humour to underscore a serious observation. As he did in Jhooti / 1977.

That is why he is best remembered as the director who always made you smile. Yes, his films that



Original poster of Bemisal featuring the love triangle - Amitabh Bachchan, Rakhee and Vinod Mehra.

were never over-the-top entertainers which once comprised the mainstream from Bollywood, never veered to the other extreme of burdening his viewers with excessive evocation of the stark realism that dogged the poverty stricken nation post-Partition. Thus, keeping a judicious distance from both, the intellectualism of art films and the mindless mirth of mainstream movies, he earned the sobriquet of the Master of the Middle Path Cinema.

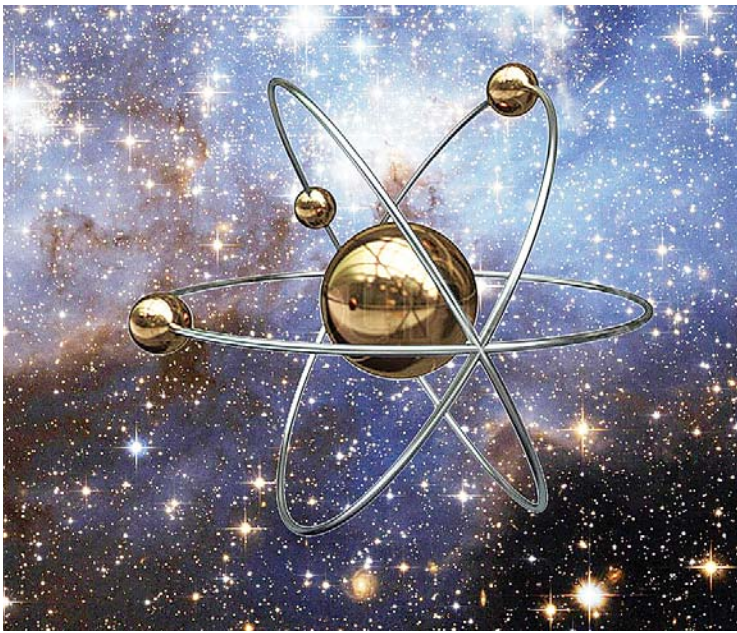
Honours, olives, applause, awards, adulation, friendship, laughter - these filled the life of Hrshikesh Mukherjee as was predicted in 1951 by Saradindu Bandopadhyay, the renowned Bengali litterateur who had - in 1940s, preceded as screenwriter with Bombay Talkies. Yet, sunset boulevard saw him a pain-stricken, despondent man. And, "as he retired in his apartment that overlooked the sunset in the Arabian Sea every night, he was surrounded by a vacuum," Mrinal Sen recounted when Hrshida breathed his last in 2006. "That is why he had mansized mirrors all over his apartment - so that he would feel surrounded by people when he shut the door to the world!"

Conclusion |||
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#SPACE

The Remarkable Emptiness of Existence

The space between the planets had to be filled with nothing, otherwise friction would slow the planets down.



In 1654 a German scientist and politician named Otto von Guericke was supposed to be busy being the mayor of Magdeburg. But instead he was putting on a demonstration for lords of the Holy Roman Empire. With his new-fangled invention, a vacuum pump, he sucked the air out of a copper sphere constructed of two hemispheres. He then had two teams of horses, 15 in each, attempt to pull the hemispheres apart. To the astonishment of the royal onlookers, the horses couldn't separate the hemispheres because of the overwhelming pressure of the atmosphere around them.

Von Guericke became obsessed by the idea of a vacuum. After learning about the recent and radical idea of a heliocentric universe: a cosmos with the sun at the centre and the planets whipping around it. But for this idea to work, the space between the planets had to be filled with nothing.

The Andromeda galaxy, an island home of billions of stars sitting a staggering 2.5 million light-years away. As far as we could tell, all those lonely light-years were filled with not much at all, just the occasional lost hydrogen atom or wandering photon.

Compared to the relatively small size of galaxies themselves (our own Milky Way stretches across for a mere 100,000 light-years), the universe seemed dominated by absence.

Empty Places
At subatomic scales, scientists were also discovering atoms to be surprisingly empty places. If you were to rescale a hydrogen atom so that its nucleus was the size of a basketball, the nearest electron would sit around two miles away. With not so much as a lonely subatomic tumbledweed in between.

Nothing. Absolutely nothing. Continued experiments and observations only served to confirm that at scales both large and small, we appeared to live in an empty world. And then that nothingness cracked open. Within the emptiness that dominates the volume of an atom and the volume of the universe, physicists found something. Far from the sedate aether of yore, this something is strong enough to be tearing our universe apart. The void, it turns out, is alive.

In December 2022, an international team of astronomers released the results of their latest survey of galaxies, and their work has confirmed that the vacuum of space-time is wreaking havoc across the cosmos. They found that matter makes up only a minority contribution to the energy budget of the universe. Instead, most of the energy

We live in a quantum universe; a universe where you can never be quite sure about anything. At the tiniest of scales, subatomic particles fizz and pop into existence, briefly experiencing the world of the living before returning back from where they came, disappearing from reality before they have a chance to meaningfully interact with anything else. All this would be mathematically annoying but otherwise unremarkable.



Hrshikesh Mukherjee, Jaya Bhaduri and Ashok Kumar on the sets of Milii.

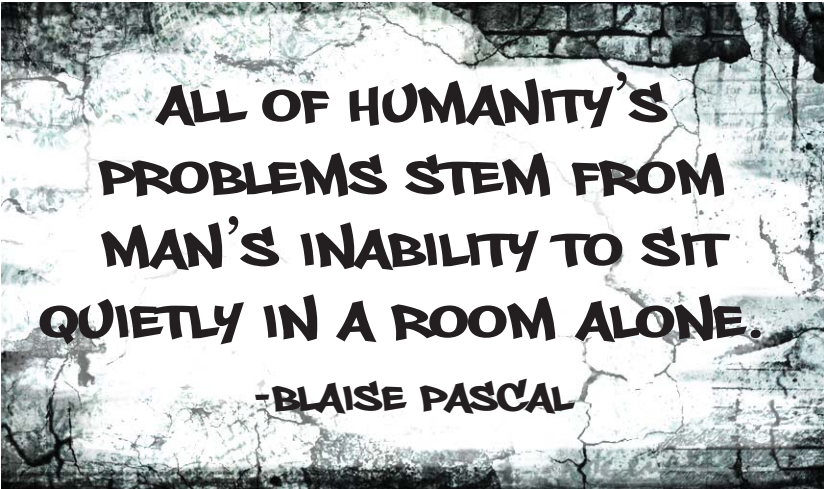


Dharmendra, Saira Banu and Hrshikesh Mukherjee at the shooting of Chaitali.



The Indian Delegation in Moscow, 1959 (Third from L to R) Nargis, Bimal Roy, Nirupa Roy, Salil Chowdhury, Hrshikesh Mukherjee and Radhu Karmakar (in front).

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman